

Abstract

Title: The relationship of flexibility and movement in gymnastic sports

Aims: The purpose of this thesis is to demonstrate the importance of flexibility in relation to performance in gymnastic sports - artistic gymnastics, modern gymnastics, trampoline and sport aerobics. Also, said thesis focuses on attributes related to the range of motion in joint connections from the point of aesthetic criteria, the efficient movement technique, and also from the point of medical prevention.

Methods: This task is non-experimental, based on the guided interview with different trainers of four gymnastic sports. The personal interviews were led by myself as well as preparing the query. Descriptive statistics are used to sort and analyze the data obtained and the thesis illustrates the outcomes accordingly. The theoretical part has character of a summarizing study, which comes out of accessible materials research. The purpose is to collect pieces of information, subsequently organize them and interpret them by the form of recommendations in relation to flexibility development issue in gymnastics sports.

Results: The results of the thesis are presented in a form of generally valid rules and recommendations in relation to the flexibility development issue overlapping to gymnastics sports. Such as showing how important flexibility is in individual gymnastic sports, what development methods of flexibility are the most used and why.

Key Words: flexibility, gymnastic sports, stretching, hypermobility